

TR

Therapeutic Recreation Program Guide

Program & Registration Information for Fall **2009**

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Cincinnati Recreation Commission

Cincinnati Recreation Commission

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Kazava Smith, Commission President
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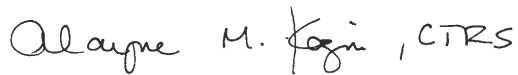
Dear Participants and Families,

The City of Cincinnati has experienced financial difficulties as have many communities throughout our country. This means that there have been budget cuts to the Cincinnati Recreation Commission and in turn to the Division of Therapeutic Recreation.

You may notice that your favorite program has not been scheduled or that we have increased our program registration fees in order to provide the program. Both changes are due to changes in the amount of funding available for us to hire staff and supplement the cost of program registration fees.

Please know that CRC continues to be committed to serving individuals with disabilities through its Inclusive Services and Therapeutic Recreation Services. As the budget outlook improves we hope to restore programs and our previous fee structure. I encourage you to call me and share your thoughts and ideas about what you enjoy and what you would like to see CRC offer in the future.

Regards,



Alayne M. Kazin, CTRS
Service Area Coordinator
Division of Therapeutic Recreation
513-352-4945

GET ACQUAINTED

with the full-time therapeutic recreation staff!



Alayne M. Kazin, CTRS
TR Service Area Coordinator
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Ann-Marie Stuart, CTRS
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Sandy Cloud-Heyob
TR Office Manager
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The Cincinnati Recreation Commission's Division of Therapeutic Recreation offers a continuum of leisure services for individuals with disabilities that promote a healthy lifestyle as well as the opportunity to participate in high-quality recreational and cultural experiences in the community. As advocates for individuals with disabilities we provide inclusive and therapeutic recreation programming choices and promote accessibility at all CRC facilities. All of our full-time CRC Therapeutic Recreation Program Staff are certified Therapeutic Recreation Specialists (CTRS).

Inclusion Support Services

We provide a consultative approach to supporting individuals with disabilities in all CRC programs and facilities. Our goal is to provide opportunities for inclusion that reduce the physical, programmatic and attitudinal barriers. In addition to providing support to CRC facilities, we act as a resource to our community in areas such as advocacy, disability awareness and disability training.

Therapeutic Recreation Services

We implement goal-oriented programs for individuals with disabilities which promote a healthy lifestyle as well as providing exposure to cultural experiences in the community. Our programs encourage the development of physical, social, emotional and cognitive skills to enhance the quality of life, while preparing each person for leisure involvement in their community.

What is a CTRS?

A Certified Therapeutic Recreation Specialist (CTRS) has acquired a body of knowledge including theory, philosophy and practice, spans a wide range of disabling conditions and illnesses. When that knowledge is applied, the CTRS addresses the total person and the associative life factors that may apply to their specific disability or illness. Professional recognition is granted by NCTRC to individuals who apply and meet established specific standards for certification which include education, experience, and continuing professional development. The CTRS certification is granted after those specific qualifications have been met and the candidate has successfully completed the national computerized certification exam.

The programs identified in this guide are designed to meet the needs and interests of individuals with mental, physical, learning and emotional disabilities. While some programs can accommodate participants of varying levels of ability, other programs have specific skill requirements due to the nature of the activities. Specific skill requirements, if necessary, are included in the program descriptions. If you have questions about a program or level of assistance provided, please contact any of the TR staff listed above.

Inclusion & Accommodations

Individuals with disabilities are not limited to therapeutic recreation services. If you are looking to add a little flavor to your leisure lifestyle . . . try your hand at Inclusion! For more information on CRC's Inclusion Services, please see the next page. In addition to our therapeutic recreation programs, individuals with disabilities are welcome to participate in any Cincinnati Recreation program through our Inclusion Services. The TR staff will assist you in identifying programs, registering and requesting accommodations.

What is Inclusion?

Individuals with and without disabilities participating in recreational activities together.

Inclusion Support Services

The TR Division's "Inclusion Team" was created to assist CRC's community center staff with accommodations, education and materials to aid them in including individuals with disabilities in their programs and activities.

Types of Accommodations

- Changes in Rules and/or Policies
- Assistance with ADLs (activities for daily living)
- Architectural Changes
- Adaptive Equipment
- Increased Supervision
- Behavior Management
- Training for Staff
- Boardmaker Tools for Communication

How to Request an Accommodation

If you feel an accommodation would be beneficial or necessary, please request an Accommodation and Assessment form at the time of registration at the community center. This document is used to formally request additional assistance you may require.

Please call Whitney at (513)352-4971 if you have any questions about Inclusion Services.

Support Information

Support Our Services!

The Division of Therapeutic Recreation provides several opportunities for you to show your support for the services we provide to the community! Without the support of our constituents, our programs and services are limited. If you are committed to pledging your support to the programs and services provided by the Division of Therapeutic Recreation, we ask that you explore one of the opportunities listed below:

Sponsorship – TR implements many programs for a variety of populations (ages and disabilities). We offer several special events throughout the year that businesses, corporations and organizations could choose to provide sponsorship for. As a potential sponsor, you would receive additional recognition for the funding provided for a special event.

Donations – Financial or in-kind donations are always welcome! Contributions made to the Cincinnati Recreation Commission Foundation are tax deductible to the fullest extent of the law. The CRC Foundation is a 501c3 non-profit organization whose purpose is to aid and improve the quality of life for Cincinnati citizens. These tax-deductible donations give the Foundation an opportunity to supplement current services and to provide an immediate impact to the City of Cincinnati. By donating to the Cincinnati Recreation Commission Foundation, you are able to identify what you would like the funds to be spent on. If you are interested in making a monetary donation to the Division of Therapeutic Recreation, please make checks payable to the Cincinnati Recreation Commission Foundation.

Checks should be mailed to 805 Central Avenue, Suite 800, Cincinnati, Ohio 45202. Please specify you are making a donation to the Therapeutic Recreation Division. For more information, please call Alayne at (513)352-4945.

Volunteer – The Therapeutic Recreation Division needs volunteers to assist our staff with programming! There are many opportunities to

volunteer! Whether it's an ongoing program or a special event, we are always in need of assistance to provide individualized attention to those we serve. Volunteers must be at least 14 years of age. If you would like more information on volunteer opportunities and/or a volunteer application, please call Ann-Marie at (513)352-2549, or e-mail her at annmarie.stuart@cincinnati-oh.gov.

TR Wish List

Portable Basketball Hoop	Exercise Equipment
Portable DVD/VHS Television	Art Supplies
Books	Puzzles
Large Radio with CD Player	Laptop Computer
Handheld Games (i.e. Gameboy, Leapster, etc.)	Digital Camera
Timers	Sensory Toys
Switch Toys	Karaoke Machine/DVD's
Wii Accessories	Gift Cards for DVD Rentals

THANK YOU to our sponsors

In these days of budget crunching, we want to take the time to send a sincere thanks out to those individuals and organizations that provide sponsorship and funding to the Division of Therapeutic Recreation. Many of our current programs could not be implemented without the financial assistance of the following individuals and/or organizations:

Billy Casper Golf	Byron Trapp
Carol Ann and Ralph V. Haile, Jr. U.S. Bank Foundation	Carol Robinson
Cincinnati Recreation Commission Foundation	Cincinnati Reds Community Fund
City of Cincinnati	CVS/Pharmacy Charitable Trust
D.A.G. Construction	Dennis Piening
Dorothy Wacker	Elder High School
Hamilton County Special Olympics	Kid Glove
Push America	RHC/CITE Services
Robert W. Baird & Co.	Rohm and Haas
Rotary Club of Cincinnati	Shirley Ledford
Spina Bifida Association	United States Golf Association Foundation

Teen ENERGY Club

Teen ENERGY Club is an extension of our ENERGY Summer Day Camp program (Education on Nutrition, Exercise, and Recreation for a Growing You) in cooperation with the Hamilton County Special Olympics. This club is full of socialization; group activities, sport opportunities, field trips, and inclusive service learning projects. The teen club will meet at Clifton Center each meeting date and that will be the location of drop off and pick-up for field trips and service learning experiences. **Very Important: To be considered eligible for next summer's ENERGY Summer Day Camp program, you MUST be a member and participate in this teen club!**

Ages:	13-19
Day:	Saturdays
Dates:	October 10, 24, November 7, 21, December 5
Time:	1:00 – 3:00 pm (field trips may have extended times)
Location:	Clifton Center + various other trip sites
Min/Max:	10/30
Code:	TCL09
Fee:	\$100: \$50-fall session, \$50-spring session
Registration Deadline:	Friday, October 2
Contact Person:	Kristen (513)352-4055

Adapted Aquatics & Instructional Swim Programs

Our year-round warm water swimming pools are located at the Mt. Auburn Community Center and the U.C. Campus Recreation Center. Our Mt. Auburn facility is accessible, with accessible parking, showers, toilet stalls, and an assisted dressing room. Several water entries and exits are available, including a pool chair lift and "easy ladder" with hand railings. The water temperature is maintained at a comfortable 89 degrees. The Keating Aquatic Center Pool at the U.C. Campus Recreation Center is an olympic sized pool that is equipped with a chair lift, a moveable bulkhead and fixed blocks for diving and backstrokes. The water temperature for this pool is kept at a cooler 82 degrees, which is conducive for lap swimming.

Parent and Child Aquatics

This program is designed to introduce infants and toddlers, ages 6 months through 5 years, to the water and basic safety skills. The program is open to children with and without disabilities. A parent or caregiver will be required to assist the child in the water. Please Note: Children under age 5 are encouraged to participate in the Parent and Child Aquatics Program prior to participating in the Adapted Aquatics Program.

Fall Session

Ages:	6 months - 5
Day:	Saturdays
Begin/End:	September 19 - December 12
Cancellations:	November 28
Time:	9:00 – 10:00 am
Location:	Mt. Auburn Pool
Min/Max#:	10/16
Code:	PCAF09
Fee:	\$53.50
Contact Person:	Kristen (513)352-4055

Adapted Aquatics • Beginning & Intermediate Levels

Our individualized Adapted Aquatics Program is designed to include all ability levels by incorporating the Red Cross Swim Progression, the TR Sequential Swim Progression for individuals with physical disabilities, and the Dolan Method for individuals with autism. Participants are taught swimming skills, water safety and independence. Swimming is an inclusive recreational skill that can improve the participant's health and fitness. Lessons are offered on Tuesdays and Saturdays. Please indicate your preferred day, time and code on the Program Registration Form.

Fall Session

Ages:	5 & Older
Days/Times:	Tuesdays: 4:30 – 5:10 pm 5:15 – 5:55 pm 6:00 – 6:40 pm Code: AATF09
	Saturdays: 10:00 – 10:40 am 10:45 – 11:25 am 11:30 am – 12:10 pm 12:15 – 12:55 pm Code: AASF09
Begin/End:	October 3 – December 8
Cancellations:	November 24, 28
Location:	Mt. Auburn Pool
Min/Max#:	5/8
Fee:	\$135
Contact Person:	Kristen (513)352-4055

TR Sharks Swim Team

This program is for advanced swimmers, ages 6 & older, with cognitive and/or physical disabilities. Swimmers must be able to swim the length of the pool on front and back, and work in small groups of 3-5. Each swimmer will be evaluated on the first night of practice. If they do not meet the skill requirements, they will be offered an opportunity to swim in our Adapted Aquatics Program. Our Swim Team Program will offer participants lap swimming and stroke refinement. All participants will be encouraged to practice for the Special Olympics and USA Swim Meets! This fun program is a great opportunity for swimmers to continue to perfect their skills and to improve their fitness!

Parking passes will be available to purchase for the ten week session. Passes may be purchased at the recreation center front desk for \$20 per month.

Fall Session

Ages: 6 & Older
Days: Tuesdays & Thursdays:
Begin/End: September 1 – November 5
Cancellations: None
Time: 7:30 – 8:30 pm
Location: University of Cincinnati Campus Recreation Center
Min/Max#: 10/20
Code: TSF09
Fee: \$100 • Participation in swim meets will require an additional fee.
Contact Person: Kristen (513)352-4055

Winter Session

Ages: 6 & Older
Days: Tuesdays & Thursdays
Begin/End: November 17 – January 28
Cancellations: November 24, 26, December 22, 24, 29, 31
Time: 7:30 – 8:30 pm
Location: University of Cincinnati Campus Recreation Center
Min/Max#: 10/20
Code: TSW10
Fee: \$100 • Participation in swim meets will require an additional fee.
Contact Person: Kristen (513)352-4055

Spina Bifida Learn-To-Swim Program

Through the continued support of the Spina Bifida Association of Cincinnati, our individualized Learn-to-Swim Program is designed specifically for individuals with Spina Bifida using the Adapted American Red Cross Swim Progression. The lessons focus on basic water safety skills as well as developing fundamentals of swimming in a fun environment. Participants have 1:1 assistance in the water while small group games and interaction are encouraged. **With participants under the age of three, parents/caregivers may be asked to stay and be involved with their child during the lesson.**

Ages: 15 Months - 3 & Older
Day: Fridays
Begin/End: September 4 – November 6
Cancellations: None
Times: 6:30 – 7:00 pm
7:00 – 7:30 pm
7:30 – 8:00 pm
Location: University of Cincinnati Campus Recreation Center
Min/Max: 9/12
Code: BAAF09
Fee: \$110
Contact Person: Kristen (513)352-4055

Parking passes will be available to purchase for the ten week session. Passes may be purchased at the recreation center front desk for \$20 per month.

Arthritis Aquatics

The Arthritis Aquatics Program is designed by the National Arthritis Foundation to allow individuals with arthritis to exercise in a supportive, low resistance environment. Please consult your physician prior to registration. People with severe or multiple joint problems or those who have had joint surgery are encouraged to talk with their doctors regarding any special precautions or limitations.

Guidelines to Participate:

- Have functional and comfortable shoulder and elbow motion.
- Able to tolerate 5 minutes of movement in the water, or 15 minutes standing or walking on land without excessive pain, fatigue or shortness of breath.
- Require no more than minimal assistance to enter or exit the pool.
- Feel comfortable and confident in the water.

	Fall Session
Ages:	18 & Older
Days/Times:	Tuesdays: 3:15 – 4:00 pm Thursdays: 2:15 – 3:00 pm Fridays: 1:15 – 2:00 pm
Begin/End:	October 13 – December 18
Cancellations:	November 24, 26, 27
Location:	Mt. Auburn Pool
Code:	AR09
Fee:	\$40 (10 classes) \$72 (20 classes)
Contact Person:	Kristen (513)352-4055

SPORTS for the Physically Disabled

The programs listed on the next page are available for participants with physical disabilities and visual impairments, beginner to advanced skill levels. Participant age eligibility for most programs is 8 years and older.

Fitness & Conditioning Program

We encourage you to work out with us! We can assist you in setting up an individualized workout plan and setting up group workout sessions. We have accessible equipment at select community centers, and friendly, knowledgeable staff to help you GET FIT! If interested, please call Ann-Marie at (513)352-2549.

Strength Training Group

Join us at Corryville Recreation Center to get fit. This facility hosts fully accessible weight machines, and the program provides an on site trainer to introduce you to these and/or assist with creating a workout plan

Ages:	16 & Older
Day:	Mondays and Wednesdays
Begin/End:	October 5 – December 9
Cancellations:	November 25
Time:	6:30 – 8:00 pm
Location:	Corryville Center
Min/Max#:	3/10
Code:	STF09
Fee:	\$25
Contact Person:	Ann-Marie (513)352-2549

Wheelchair Football – Neighborhood Pick-Up Game

Just about anyone can play this sport – a person who has a physical disability and uses a wheelchair (manual or power), persons with physical disabilities who don't use a wheelchair, and family and/or friends. We have 6 extra wheelchairs available for anyone to use to make this pick-up game fun and inclusive for all! Each Saturday the rules will be adapted to fit the group that comes to play, allowing everyone to be included. Games are played in the gym at the Pleasant Ridge Center.

Ages: 8 & Older
Day: Saturdays
Begin/End: September 19 – December 12
Cancellations: November 28
Time: 10:30 am – 12:15 pm
Location: Pleasant Ridge Center
Min/Max#: None
Code: WF09
Fee: \$15
Contact Person: Ann-Marie (513)352-2549

If you are interested in playing indoor wheelchair tennis, please call Joe Wilkerson of the Mercy HealthPlex Anderson at (513)624-1880.

Sled Hockey

Cincinnati Icebreakers Sled Hockey is here! Sled Hockey is a sport adapted from Ice Hockey for persons with physical disabilities five years and older that cannot play standing hockey. Players should be able to propel a manual wheelchair and sit upright in the sled's bucket seat with the attached seatbelt. First time players will be taught the basics of ice hockey as well as how to put on their equipment, get into the sled and onto the ice.

- There is no cost to play, as the program is fully funded.
- All skill levels are welcome—coaches teach according to abilities.
- Coaches are USA Hockey certified and professionally screened.

If you are interested in learning more, please e-mail Renee Loftspring, PT, EdD at SledHockey@zoomtown.com, or visit www.cincinnatiicebreakers.ning.com, or call Renee at (513)244-4826.

Let's Go Golfing

The Cincinnati Recreation Commission and Billy Casper Golf are the proud recipients of a grant of \$18,000 from The Carol Ann and Ralph V. Haile, Jr. U.S. Bank Foundation to be used to purchase new Solo Rider Golf Carts! We're thrilled to say the demand was outweighing the supply, so this grant will make possible the addition of 2 new carts. The accessible golf carts can be used by individuals with any type of mobility impairment (they are not limited to wheelchair users). We also have adapted golf clubs. These clubs are designed to be used from a seated position (i.e. wheelchair or accessible golf cart). The clubs will be available for use at clinics and lessons, or can be available at the golf course you select with prior request.

Accessible Individual/Group Golf Lessons

These lessons are for anyone who would like to work individually with a PGA Pro at a CRC course near their home! Lessons can be arranged with a specific pro that has experience working with individuals with disabilities. You can arrange for as many or as few sessions as you like! The fee is \$10 per half hour. Additionally, person's with disabilities are encouraged to register for any of the group lessons listed on our golf website (cincygolf.org). For more information regarding these offerings, please call Duncan Setchell (east side of town) at 321-2740, and Rob Higby (west side of town) at 574-1320.

For more information about our accessible golf program, please call Ann-Marie at (513) 352-2549!

Sports & Fitness

Lakers Basketball

The Lakers Basketball Program is designed for competitive level athletes with the skills and knowledge to play regulation basketball. Games are scheduled against area Special Olympic teams. The season concludes with regional and state tournaments. Each athlete must have a current Special Olympic medical release in order to participate.

A pre-season informational meeting is scheduled on Thursday, September 24, 6:30 pm, at the Corryville Community Center. All registration forms and payments are due at this time.

Ages: 16 & Older
Day: Thursdays
Begin/End: September 24 – March 26
Cancellations: November 26, December 24, 31
Location: Corryville Center
Time: 6:30 – 9:00 pm
Code: LB09
Fee: \$60

1st payment of \$30 due 9/24/09,
2nd payment of \$30 due 1/8/10
Thursday, September 24
Whitney (513)352-4971

Registration Deadline:

Contact Person:

Food, Fun & Fitness

Come join us twice a week while we learn new life skills that lead to a healthy lifestyle! We will explore new and exciting ways to stay healthy through proper diet and exercise, while taking part in service projects and becoming involved with our community. Participants will learn how to choose and prepare nutritious meals, and will also learn about fitness while walking and taking part in other physical activities.

Fall Session

Ages: 18 & Older
Days: Tuesdays and Thursdays
Begin/End: October 13 – December 10
Cancellations: November 24 & 26
Time: 6:00 – 8:00 pm
Location: Dunham Complex
Min/Max#: 5/15
Code: FFFF09
Fee: \$65
Registration Deadline: Friday, October 2
Contact Person: Dawn (513)352-4629

TR Bowling

Team Bowling

Team Bowling is designed for the competitive level bowlers who wish to be on a bowling team and participate in a league. Weekly attendance is required to participate on a team. Each athlete will be placed on a team by the league coordinator. Bowlers of all experience levels are encouraged to participate.

Open Bowling

Open Bowling is designed for beginners and/or those who are unable to attend on a weekly basis. Friends and family are encouraged to register and participate in this program.

Adapted Bowling

Adapted Bowling is designed for individuals with physical disabilities. Bowling ramps are available.

Junior Bowling

Junior Bowling is designed for younger bowlers (ages 6 – 12) and is designed to give them the chance to experience the fun and excitement of bowling. "Bumper" lanes and ramps are available. Friends and family are encouraged to register and participate in this program. **We do request parent/guardian attendance throughout the program.**

Registration Information for All Bowling Programs

Ages:	6 & Older	
Day:	Saturdays	
Begin/End:	October 3 – April 17	
Cancellations:	November 28, December 26, January 2, April 3	
Location:	Brentwood Bowl	
Time:	11:30 am – 2:00 pm	
Code:	Adapted Bowling	AB10
	Junior Bowling	JB10
	Open Bowling	OB10
	Team Bowling	TB10
Fee:	\$50	
Contact Person:	Dawn (513)352-4629	

In addition to the program registration fee, a weekly bowling fee of \$5.75 is required for shoes and 3 games.

Please bring exact change.

Please Note: Due to the number of bowlers, our ability to provide individual assistance is limited. Parent/Guardian/Staff assistance is requested for those unable to bowl independently. Parent/Guardian/Staff assistance is also requested for the Team Bowling program to maintain the correct order for electronic scorekeeping. Scores and averages will be made available each week. **Check-In/Registration:** Please arrive at the bowling alley by 11:15 am – bowling will begin at 11:30 am. Bowlers arriving more than 15 minutes late will not be permitted to bowl 3 games, as we must be finished bowling by 2:00 pm. Bowling staff will be available to start collecting payments starting at 10:45 am.

Please Note: Access Riders should be scheduled for pick-up between 2:00 – 2:30 pm. Late pick-ups may be charged a late fee after 2:30 pm.

Dances

Come and celebrate the seasons by dancing to the music and socializing with friends! Participants will have the opportunity to improve life skills such as socialization, communication, and how to display appropriate public behavior. Also, check out our Stepping Out program, where participants can practice new, theme appropriate dance moves just in time for our dances! Our dances require advance registration due to group rates or meal preparation. Please note the registration deadlines and be aware that these events may fill to capacity prior to the registration deadline. Group Home staff and aides are very welcome to attend, however it is imperative that we are notified of their attendance at the time of the participant's registration. Please use the Program Registration form to indicate staff/aide attendance and include the necessary payment. **No one will be permitted to register at the door the day of the dance.**

Halloween Dance

	(Dinner Included)
Ages:	18 & Older
Date:	Friday, October 23
Location:	The Grove
Time:	6:30 – 9:30 pm
Code:	HD09
Min/Max#:	5/120
Fee:	\$25 / Staff&Aide \$15
Registration Deadline:	Friday, October 9
Contact Person:	Kristen (513) 352-4055

Winter Holiday Dance

	(Dinner Included)
Ages:	18 & Older
Date:	Friday, December 18
Location:	The Grove
Time:	6:30 – 9:30 pm
Code:	HD09
Min/Max#:	5/120
Fee:	\$25 / Staff&Aide \$15
Registration Deadline:	Friday, December 4
Contact Person:	Kristen (513) 352-4055

Social & Leisure

"Stepping Out"

Here's a great opportunity to learn some new dance steps, stay in shape, meet new friends, and have some fun! This program will better prepare you for our upcoming dances! During this class we will focus on learning new dance steps that correspond to our upcoming dances. So put on your dancin' shoes and let's get started!

Session I • Learn Halloween Dances

Ages:	18 & Older
Day:	Wednesdays
Dates:	October 7, 14, 21
Time:	6:00 – 8:00 pm
Location:	Dunham Center
Min/Max#:	5/20
Code:	SOH09
Fee:	\$15
Registration Deadline:	Friday, September 25
Contact Person:	Whitney (513)352-4971

Session II • Learn Holiday Dances

Ages:	18 & Older
Day:	Wednesdays
Dates:	December 2, 9, 16
Time:	6:00 – 8:00 pm
Location:	Dunham Center
Min/Max#:	5/20
Code:	SOW09
Fee:	\$15
Registration Deadline:	Friday, November 20
Contact Person:	Whitney (513)352-4971

Karaoke Night

The stage is yours! This is our monthly, inclusive Musical Entertainment Night for adults, where you join in, and positively applaud and support one another's special talents. If you enjoy music, meeting those old as well as new friends, and like to express your creative self, these monthly Saturday nights are the perfect place to be! High attendance is expected at this program, therefore, minimal supervision will be provided.

Ages:	18 & Older
Day:	Saturdays
Dates:	October 10, November 14, December 12
Time:	6:30 – 9:00 pm
Location:	Pleasant Ridge Center
Min/Max#:	5/40
Code:	KN10
Fee:	\$15
Registration Deadline:	Friday, October 2
Contact Person:	Dawn (513)352-4629

Outings

Our outings require advance registration due to group rates or meal preparation. Please note the registration deadlines and be aware that these events may fill to capacity prior to the registration deadline. Group Home staff and aides are very welcome to attend, however it is imperative that we are notified of their attendance at the time of the participant's registration. Please use the Program Registration Form to indicate staff/aide attendance and include the necessary payment.

Overnight Camping Trip

Join us for a fun camping experience at Winton Woods Adventure Outpost! Participants will hike, play games and prepare meals in the great outdoors. The evening will include a campfire and tasty S'mores! Participants will fall off into a dreamy sleep in cabins under the stars. New leisure skills will be learned and social skills will be practiced.

Please Note: Individuals attending these trips must be able to dress, eat meals, prepare for bed and sleep independently.

Ages: 18 & Older
Dates: Saturday & Sunday, September 19 & 20
Program Location: Winton Woods Adventure Outpost
Drop-Off/Pick-Up Location: Drop-Off is on Saturday at 1:00 pm, at the Winton Woods Adventure Outpost. Pick-Up is on Sunday at 1:00 pm, at the Winton Woods Adventure Outpost.
Min/Max#: Limited to 10 females and 10 males due to cabin sleeping spaces.
Code: OCTF09
Fee: \$60
Registration Deadline: Friday, August 28
Contact Person: Dawn (513)352-4629

Pumpkin Pickin' & Paintin' Party

Join us for an evening of fall fun! First, we'll visit a pumpkin farm where each participant will pick out their own pumpkin! We'll then return to the Clifton Center to paint our pumpkins and enjoy some popcorn and drinks. The goal of this outing is to develop appropriate social and creativity skills while participating in a new leisure activity.

Ages: 18 & Older
Date: Friday, October 30
Time: 5:30 - 9:00 pm
Program Location: Clifton Center and Pumpkin Farm
Drop-Off/Pick-Up Location: Clifton Center
Min/Max #: 15/15
Code: PPPP09
Fee: \$20
Registration Deadline: Friday, October 16
Contact Person: Dawn (513)352-4629

Let's Go Shopping!

'Tis the season to go shopping! Come join us as we enjoy the excitement of shopping at Tri County Mall. The goal of this program is to increase appropriate social skills and develop money management skills. We encourage participants to bring enough money to shop and buy snacks/dinner.

Ages: 18 & Older
Date: Friday, December 4
Time: 5:30 - 9:00 pm
Program Location: Tri County Mall
Pick-Up/Drop-Off Location: Clifton Center
Min/Max#: 5/15

Code: SHOP09
Fee: \$15
Registration Deadline: Friday, November 13
Contact Person: Dawn (513)352-4629

BALLROOM DANCING

"Wheel Ballroom Dancers" is recruiting individuals with and without disabilities, and of all physical abilities to take part in their Ballroom Dancing Program! Classes are offered for those who walk or use a wheelchair, whether it be motorized or manual. Experienced dancers, those with no experience, and even those with two left feet are urged to participate! Couples and singles are welcome. Impress your dance partner with new moves while you increase your strength, stamina, aerobic fitness and general well being! Every second and fourth Saturday of the month. For more information, please contact Bernie O'Bryan at (859)750-8975.

Inclusive Programs for 50+

The Therapeutic Recreation Division is working with the Senior Division to include individuals with disabilities and/or arthritis into all CRC programs. CRC's Senior Division provides services for individuals who are 50 or older. If you are interested in participating in these programs, the Therapeutic Division staff will work with the Senior Division staff to provide the accommodations needed for you to successfully participate. The Senior Division offers an array of programming - Senior Olympics, line dancing, art classes and outings. Programs are available at 16 community centers across the city - typically providing services during the daytime hours. These programs are developed for seniors without disabilities; therefore, there is a level of independence needed to participate. Accommodations could include changes in rules or policies, assistance with ADLs (activities for daily living), adaptive equipment, and increased supervision and training for staff.

We hope you will consider participating in some of these great programs! Please call Whitney at (513)352-4971 if you have additional questions.

COUNT ME IN Puppetry Program

For the past eight years, The Division of Therapeutic Recreation has been providing a disability awareness program for the children at our community centers. This program was designed to help foster a climate of acceptance for children with disabilities who participate inclusively in CRC day camp programs. As we expand our efforts, we are always searching for new ways to implement the program.

In June of 2005, TR applied for a grant from the CVS/pharmacy Charitable Trust for the purchase of a puppetry kit designed by The Pacer Center in Minneapolis, Minnesota. The COUNT ME IN Puppetry Program is a disability awareness project which teaches inclusion and disability awareness through puppet shows. On November 1, 2005, The Cincinnati Recreation Foundation was awarded a grant in the amount of \$7,000 for the purchase of the puppetry kit! We began featuring the puppets at our community centers in the spring of 2006. The kit contains 8, 3-foot-tall puppets who portray youngsters from diverse backgrounds with a variety of disabilities. This program seeks to foster positive attitudes and promotes easier integration between children with disabilities and children without disabilities in schools and communities. We are very excited about the impact that this program is having on promoting inclusion and disability awareness in our communities!

If you are interested in learning more about the COUNT ME IN Puppetry Program, please call Dan at (513)352-4013!



Therapeutic Recreation
805 Central Avenue, Suite 800
Cincinnati, OH 45202
Phone: 513.352.4028
Fax: 513.352.4637
www.cincyrec.org/TR

Program Registration Form

Please complete the front and back of this form by providing us with the information that has been requested. For legibility purposes, please print all information that you provide. Return this form with a check or money order made payable to **Cincinnati Recreation Commission**. If paying by credit card (MasterCard/Visa), please call our office with your card information. Registration Forms and payment may be mailed or delivered to The Cincinnati Recreation Commission (address above). For additional information, please call us at (513)352-4028. Need additional registration forms? Please visit our website at www.cincyrec.org/TR!

Participant Information

First Name	Last Name	Date of Birth	Age	Gender	T-Shirt Size (Child/Adult)
Street Address		City	State		Zip Code
Home Phone	Alternate Phone(s) - other than home			E-Mail Address	
Parent/Guardian Name		Relationship		Phone Number(s)	
Parent/Guardian Name		Relationship		Phone Number(s)	
Emergency Contact Name (other than parent)		Relationship		Phone Number(s)	
Group Home / Agency		Contact Name		Phone Number(s)	

Disabling Condition

Please identify the participant's disabling condition. Circle all that applies to the participant and/or write in any disabling condition not listed.

Amputation	Cerebral Palsy	Mental Illness	Spinal Cord Injury -
Arthritis	Childhood Disintegrative Disorder	Mental Retardation: Mild - Moderate - Severe	Injury Level: _____
Asperger Syndrome	Down Syndrome	Muscular Dystrophy	Vision Impairment -
Attention Deficit Disorder	Head Injury	Multiple Sclerosis	Blind - Low Vision - Other
Autism	Hearing Impairment / Deaf	Rett's Syndrome	Other: _____
Behavioral Disorder	Learning Disability - Type _____	Spina Bifida	_____

Does the participant walk independently? ☐ Yes ☐ No

If not, what type of assistance is required? ☐ Wheelchair ☐ Walker ☐ Other (please specify) _____

Does the participant eat independently? ☐ Yes ☐ No

If not, what type of assistance is required? _____

Does the participant dress independently? ☐ Yes ☐ No

If not, what type of assistance is required? _____

Does the participant use the bathroom/toilet independently? ☐ Yes ☐ No

If not, what type of assistance is required? _____

Does the participant communicate through speech? ☐ Yes ☐ No **Use Boardmaker?** ☐ Yes ☐ No

If not, what type of communication is used? _____

Additional information that would assist in programming for the participant: _____

over

Medical Information

Please circle all that apply to the participant:

Allergies (specify below)

Catheter

Hearing Aid

Scoliosis

Arthritis

Diabetes

Heart Condition

Shunt

Asthma

Diet Restriction

Hemophilia

Tracheotomy

Atlantoaxial Subluxation

Ear Tubes

High Blood Pressure

Other: _____

Braces (Orthopedic)

Glasses

Prosthesis

Please provide specific information for medical conditions we should be aware of (allergies, activity restrictions, etc.):

Does the participant have seizures: ☐ Yes ☐ No

If yes, what type? ☐ Grand Mal ☐ Petit Mal ☐ Other _____

If yes, how often does the participant have seizures? _____ Date of last seizure: _____

Please identify the name, dosage and time of any medication the participant is currently taking:

Medication Name _____ Dosage _____ Time _____

Name _____ Dosage _____ Time _____

Name _____ Dosage _____ Time _____

Program Information

Please provide us with the participant's program choices below.

Program Code	Program Name / Location / Preferred Swim Time	Fee
		\$
		\$
		\$
		\$
Please remember to register staff/aides for each program, if applicable! Interested in making a donation? Please call us at (513)352-4028!		
Method of Payment: Cash _____ Check _____ Money Order _____ Credit Card _____ call us with card info		Amount Enclosed \$

Are you a new participant? ☐ Yes ☐ No If yes, how did you hear about us? _____

What type of transportation does the participant have?

☐ Self ☐ Parent/Guardian ☐ Metro ☐ Group Home Staff ☐ Access - I.D.# _____

Participant / Parent / Guardian Release

As a participant or as a parent/guardian of the participant in this program, I recognize that there are certain risks of physical injury and I agree to assume the full risk of any injuries, damages or loss resulting from participation in any and all activities connected with or associated with such program. I agree to waive and relinquish all claims I may have, as a result of my or my son's/daughter's participation in the program, against the Cincinnati Recreation Commission, City of Cincinnati, and their agents, employees, staff and volunteers. I do hereby fully release and discharge the Cincinnati Recreation Commission, City of Cincinnati and their agents, employees, staff and volunteers for any and all claims from injuries, damage or loss which I have or which may accrue to me on account of my son's/daughter's participation in the program. I further agree to protect, defend and hold harmless the Cincinnati Recreation Commission, City of Cincinnati, and their agents, employees, staff and volunteers from any and all claims resulting from injuries, damage or losses sustained by myself or my son/daughter or arising out of, connected with, or in any way associated with the activities of the program. I have read and fully understand this release form. **Before registration in this program(s) is valid, this release form must be signed by the participant or the participant's parent or legal guardian.**

Signature of Participant / Parent / Guardian _____ Date _____

Multi-Media Release

I, the undersigned, hereby authorize the Cincinnati Recreation Commission to utilize photographs, videotapes, voice recordings, etc. of the participant to be used exclusively for promotion, advertising and marketing of the Cincinnati Recreation Commission and its programs.

Signature of Participant / Parent / Guardian _____ Date _____

GUIDELINES

For Participants, Parents, and Guardians

Prior to participating in any TR program, each participant must submit a current Program Registration Form, complete with participant/parent/guardian signature, to the Therapeutic Recreation Office. Please include all information requested to help the TR staff take appropriate precautions when planning programs. It is essential that we have a phone number where the parent/guardian can be reached during the program hours.

The TR staff members are not responsible for the supervision of participants before or after the designated program times. The TR staff members are not responsible for providing transportation from the program site to the participant's home at the conclusion of the program. Participants using ACCESS transportation must schedule drop-off/pick-up times within the designated program times.

If someone other than the parent/guardian will be picking up a participant at the conclusion of the program, advance written notification must be given to the program director. A late pick-up fee of \$5 for each quarter hour will be assessed to any parent/guardian late in picking up the participant at the conclusion of the program.

Guidelines for Managing Behavior

The TR staff members are instructed to use positive reinforcement and to provide a structured program in order to minimize negative behaviors. If negative behavior should occur, a brief time-out is the approved method of behavior management. If a behavior plan has been developed, or if you have specific techniques used at home, please inform the TR staff so we may support your efforts. If, in the opinion of the TR staff, a participant becomes unmanageable and potentially dangerous to themselves or others, the parent/guardian will be contacted to take the participant home. If a participant leaves the program site during program hours and the TR staff are unable to return the participant without risk of injury, the parent/guardian will be contacted to take the participant home. If the parent/guardian is unable to be reached or does not respond quickly, the TR staff may be required to call for police assistance. Staff members who are trained/certified in Non-Violent Crisis Intervention (CPI) will intervene in the management of aggressive behavior with participants enrolled in our programs. A participant who becomes physically aggressive with others in the program setting may be subject to specific "holds" designed to physically control aggressive individuals. These holds are non-aversive and are only used as a last resort (if the participant has become a danger towards themselves or others).

Participants with Specific Health/Medical Issues

Due to the physical requirements of some activities, participants with certain health or medical conditions may be asked to provide a physician's written consent prior to participation. For participants requiring medication during program hours, a medication waiver form must be completed and submitted prior to the TR staff assisting with the administration of medication.

Guidelines for Residential Agencies

If a group of four or more participants from a specific agency attend a TR program, we request that a staff member from the agency attends the program and assists the TR staff in leading the activities. In the event your agency will not be attending a program for which you have registered, please notify the TR office in advance. If the decision not to attend is made late, please attempt to notify the program director. Agency staff attending events or outings must provide the necessary payment for meals and/or admission fees (see Registration for All Therapeutic Recreation Programs).

REGISTRATION

For all Therapeutic Recreation Programs

Complete the Program Registration Form (insert). List the program code, name, location and fee for each program registering for.

Mail or bring the completed form with a check or money

order to the Cincinnati Recreation Commission, Therapeutic Recreation, 805 Central Ave., Suite 800, Cincinnati, OH, 45202. Make the check or money order payable to the Cincinnati Recreation Commission. There is a \$15 fee for any dishonored check submitted. Program registration will not be accepted without program payment. The program registration form must be received in the administrative office (805 Central Ave.) before the participant may attend the program. The Participant / Parent / Guardian release must be signed prior to participation. New this fall, we will accept credit card payments (MasterCard/Visa) for program registration. Please complete and submit a program registration form, and then call our office with the credit card information.

You may register in-person at our administrative office.

Phone-in registrations are not accepted. Please continue to call us for information about programs or if you need help with registration.

We do send confirmation of registration. If the program has reached capacity or your registration is unable to be accepted for another reason, you will be notified and payment refunded. Please note the registration deadlines for each program! Registrations will not be accepted after the deadline.

Refunds of program fees are considered if the program is cancelled or filled to capacity, if the participant has a verified medical reason, or, in the opinion of the TR staff, the placement is inappropriate.

Certain programs such as dances and outings that require purchases of meals and/or admission tickets in advance may be refunded up until the published registration deadline for the program. If an individual on a waiting list for a program can be substituted for an individual requesting a refund, we will attempt to satisfy all parties' requests.

There will be no refunds for weather related cancellations for therapeutic recreation programs that meet on an ongoing basis or have multiple sessions. Other types of refunds for cancellations will be evaluated as they occur.

Send us your e-mail address and take advantage of our e-mail announcements!

Want to know what's happening with Therapeutic Recreation? We're taking advantage of the current technology and sending e-mail announcements to keep everyone up-to-date! The announcements include valuable information about upcoming programs, "spontaneous" events, and TR staff. If you are interested in being on our e-mail distribution list, please call Kristen at (513)352-4055, or send an e-mail to kristen.clatos@cincinnati-oh.gov



Therapeutic Recreation

805 Central Avenue, Suite #800

Cincinnati, Ohio 45202

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CRC is an Equal Opportunity Employer and is committed to supporting the Americans with Disabilities Act. Please call in advance if you require special accommodations.

CRC Recreation Centers

Bond Hill	1501 Elizabeth Pl. (37)	242-9565
Bush	2640 Kemper Ln. (06)	281-1286
Camp Washington	1201 Stock St. (25)	681-6046
Carthage	19 E. 72nd St. (16)	821-2954
Clifton	320 McAlpin Ave. (20)	961-5681
College Hill	5545 Belmont Ave. (24)	591-3555
Corryville	2823 Eden Ave. (19)	221-0888
Dunham Complex	4356 Dunham Ln. (38)	251-5862
Evanston	3204 Woodburn Ave. (07)	861-9417
Hartwell	8275 Vine St. (16)	821-5194
Hirsch	3630 Reading Rd. (29)	751-3393
Kennedy/Woodford	6065 Red Bank Rd. (13)	631-5625
LeBlond	2335 Eastern Ave. (02)	281-3209
Lincoln	1027 Linn St. (03)	721-6514
Madisonville	5320 Stewart Rd. (27)	271-4190
McKie	1655 Chase Ave. (23)	681-8247
Millvale	3303 Beekman St. (25)	352-4351
Mt. Auburn	270 Southern Ave. (19)	381-1760
Mt. Washington	1715 Beacon St. (30)	232-4762
North Avondale	617 Clinton Springs Ave. (29)	961-1584
Oakley	3882 Paxton Ave. (09)	321-9320
Over the Rhine	1715 Republic St. (10)	381-1893
Pleasant Ridge	5915 Ridge Rd. (13)	731-7894
Price Hill	959 Hawthorne Ave. (05)	251-4123
Sayler Park	6720 Home City Ave. (23)	941-0102
Westwood Town Hall	3017 Harrison Ave. (11)	662-9109
Winton Hills	5170 Winneste Ave. (32)	641-0422

TR Program Locations

Therapeutic Recreation Main Office	805 Central Ave. (02)	352-4028
The Grove	9158 Winton Rd. (31)	931-4255
Tri County Mall	11700 Princeton Pike	671-0120
University of Cincinnati Campus Recreation Center	2820 Bearcat Way (21)	556-0604
Winton Woods Adventure Outpost	10299 McKelvey Dr. (31)	521-2345

POOLS Indoor & Deep Water

Krueck	270 W. McMillan St. (19)	861-4169
Mt. Auburn	270 Southern Ave. (19)	381-6780
Over the Rhine	1715 Republic St. (10)	381-1893

Golf Courses

Avon Fields	4081 Reading Rd. (29)	281-0322
California	5920 Kellogg Ave. (28)	231-6513
Dunham	1951 Dunham Way (38)	251-1157
Glenview	10965 Springfield Pike (46)	771-1747
Neumann	7215 Bridgetown Rd. (48)	574-1320
Reeves	4757 Playfield Ln. (26)	321-2740
Woodland	5820 Muddy Creek Rd. (33)	451-4408

All phone numbers are area code 513